eclogues, and epistles Of these, the satires are here published to prepare the ear of the reader, because if they pass TV ell, the whole *centon* of them, already written, shall suddenly be published Treateth in this book of the necessity for parents to set good examples in their lives before their children , of dreams , of covetousness and the folly of ambition , of saving and spending Concludeth with an Anatomy of Alchemy, very invectively condemning the professors of that science, yet, saith he, unto artists there is a certain quality that can be perceived

It feeds the ear, it amplifies the thought,
Except to those that know it, it is nought.

There is also an epistle to a lady that wrote to him asking both the cause and the remedy of pursmess and fat Giveth this remedy

Much sitting, and long abstinence from care.
Drinking of oily wines our fat prepare ,
Eggs, white meat, pottage, do increase the same
And bring the waxing body out of frame
Let therefore men grown fat by gluttony
(For to the rest no medicine I apply)
Open a vein , or if that seem too sore,
Use cuppings, and oft rubbings evermore,
Live in that air which is both hot and dry,
Watch much, and sleeping little, hardly lie
Walk much, and toss, and tumble in the sun,
Delight to ride, to hawk, to hunt, to run,
Drink little, gargarize, fly grosser food,
Or if some deem a hare or partridge good,
Feed modestly thereon, and if he hath
Some crowns to spend, go often to the Bath

Nevertheless he is of an opinion that fatness is no deformity, for

fat, slick, fair and full
Is better hk[5]d than lean, lank, spare and dull

8tb May A CATALOGUE OF ENGLISH PRINTED BOOKS

A catalogue of English printed books is to be printed by Mr Andrew Maunsell, bookseller, whereof

the first part